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# MAYORS WELLNESS CAMPAIGN<sup>®</sup>

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## QUALITY INSTITUTE NEWS & UPDATES

### [Mayors, Which Healthy Town Designation will your Town Earn This Year?](#)

The MWC Healthy Town Designation is a competitive process that recognizes communities that have made health and wellness a top priority. We encourage your town to apply now! **Applications are due January 16, 2026, at 5 p.m.** Watch the **recording of our Healthy Town Webinar** to learn more.

[Watch the Webinar](#)

Apply to be a Healthy Town

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## [Mayors, Participate in our Annual Statewide Survey and Win Funds for your MWC](#)

Participate in our [survey](#) by **January 9, 2026**, and share insights about your community and MWC programs with us. Your survey submissions will guide MWC priorities for 2026. Upon completing the survey, your town automatically enters the 2026 MWC Incentive Drawing, **providing a chance to secure \$1,000 for your MWC initiatives**. Utilize these funds for activities such as hosting health fairs, offering Mental Health First Aid training, or conducting a walk audit.



Take the Survey

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## [Meet our 2025 Champion of Health: Susy Rodriguez](#)

Thank you for your many submissions to recognize your Champions of Health, who support your MWCs. We are excited to announce our 2025 winner, **Susy Rodriguez**, from the **City of Englewood**. **Read more about Susy's efforts and our honorable mentions here.**



Champion of Health

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## [Share our Upcoming Mental Health First Aid Training with your Residents](#)

With support from [The Horizon Foundation for New Jersey](#), we continue to provide **free Mental Health First Aid trainings** (MHFA) to people who work with youth and adults in the community. This training may be especially valuable to law enforcement, school employees, municipal employees, and those serving the public. **Register for our upcoming Adult MHFA Training on February 18 and 19, 2026, below.**

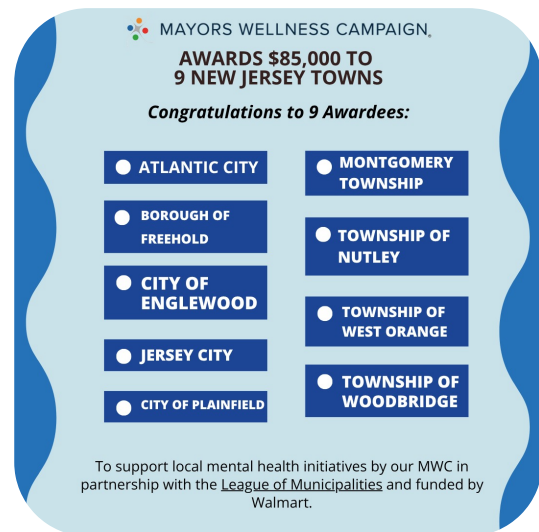


For more information, reach out to Katie Bisaha at [KBisaha@njhcqi.org](mailto:KBisaha@njhcqi.org).

Register Today

## Meet the 2025 Mental Health Initiative Grant Recipients: Learn About Their Upcoming Initiatives

This year, **9 New Jersey towns** have been awarded **\$85,000 in grants** through the Mayors Wellness Campaign to advance local initiatives that support mental health, reduce stigma, prevent intimate partner violence, and address substance use. These grants, made possible by Walmart and the Quality Institute, will fund impactful projects such as MHFA trainings, peer-to-peer suicide prevention, senior mental health supports, and culturally responsive programming. **Discover how these towns are creating lasting change in their communities.**



Mental Health Initiative Press Release



## Save the Date: 1/22/26 - Join us for our next COYL Partner Meeting

Join us for an upcoming webinar on **Thursday, January 22, 2026, at 12 p.m.** with Lori Feldstein of the [Goals of Care Coalition of New Jersey \(GOCCNJ\)](#). This session will include:

- A brief overview of the [Medicaid Community-Based Palliative Care benefit](#)
- An introduction to GOCCNJ's Ambassadors Program, designed to prepare community partners to support serious illness and palliative care education
- Time for Q&A

More details and registration information will be shared soon.



## COMMUNITY RESOURCES

### [Help Residents Strengthen Family Communication with DCF's Technoference Resource](#)

[The New Jersey Department of Children and Families](#) created a resource to help families reduce digital distraction and strengthen communication at home. Caregivers can use the site's activities and guidance to build healthier tech habits and improve family connections.

→ *Use it to promote healthy technology use during community events, on your municipal website, and in school or parent newsletters.*

[Explore the Resource](#)

### [Promote Daily Physical Activity Using GENYOUth's Kid-Focused Resource](#)

[GENYOUth](#) offers evidence-based information on how physical activity improves children's health, mental well-being, and learning. The resource also includes tips for parents, schools, and after-school programs to increase movement throughout the day.

→ *Use it to support school wellness campaigns, enhance after-school programming, and share simple activity ideas with families.*

[Learn More](#)

### [Connect Residents to Food Assistance Through NJ's Statewide Directory](#)

[The Office of the Food Security Advocate](#) provides a single directory where residents can find SNAP, food pantries, produce voucher programs, and local food assistance available in New Jersey. The resource helps households quickly access reliable information and support.

→ *Use it to guide residents to food assistance during peak need periods, post the link on your website, and share it through community partners.*

Share the Resource



## FUNDING OPPORTUNITIES

### [Apply for Sustainable Jersey's 2026 Grant Cycle](#)

Apply for the 2026 [Sustainable Jersey](#) Grants Cycle funded by the [PSEG Foundation](#). This cycle provides **\$20,000, \$10,000, and \$2,000 grants** to support projects that advance sustainability and help towns earn Sustainable Jersey certification points. The Foundation is contributing \$240,000 to support local initiatives.



A [webinar](#) will be held on **Thursday, December 18, 2025, from 1:00 p.m. to 2:30 p.m.** to walk through the opportunity.

Register for the Webinar

Apply Here

### [Use NJLM's Grant Resource Center to Find New Funding for Your Town](#)

Utilize the [New Jersey League of Municipalities](#) Grant Resource Center to explore updated federal, state, and foundation funding opportunities. The Center helps municipalities find grants that support planning, infrastructure, recreation, safety, and community wellbeing.



Access the Resource Center

#### THANK YOU TO OUR 2025 - 2026 MAYORS WELLNESS CAMPAIGN SPONSORS



NEW JERSEY HEALTH CARE  
**QUALITY INSTITUTE**



More Information:

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 Become a Member: Virginia Tesser - [vtesser@njhcqi.org](mailto:vtesser@njhcqi.org).

To learn more about our current initiatives, please visit our website at [www.njhcqi.org](http://www.njhcqi.org).  
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